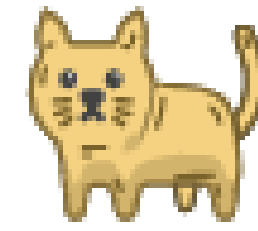


# Disaster Preparedness Newsletter

## June - 2024

**JUN**



Pet Preparedness Month  
#SummerReady  
National Lightning Safety Awareness Week



## Prepare Your Pets for Disasters

Your pets are important member of your family! This is why they should be included in your family's emergency plan.


To prepare for the unexpected, keep your pets in mind as you follow these tips:

1. Make a plan.
2. Build an emergency kit.
3. Stay informed.

### Make a Plan

If you have a plan in place for you and your pets, you will likely encounter less difficulty, stress and worry when you need to make a decision during an emergency.

### THINGS TO INCLUDE IN YOUR PLAN:

-  **Know what to do with your pet during an evacuation .** Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.
- **Develop a buddy system.** Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- **Have copies of your pet's vaccination record, and make sure your pet is microchipped.** Keep your address and phone number up-to-date and include an emergency contact outside of your immediate area.
- **Keep contact information for your local emergency management office or animal control office and shelters on hand** in case you become separated from your pet.

### Build a Kit for your Pet

Just as you do with your family's emergency supply kit, think first about the basics for survival.

Review your kit regularly to ensure that their contents are fresh.

## HERE ARE SOME ITEMS TO INCLUDE IN AN EMERGENCY KIT FOR YOUR PET:

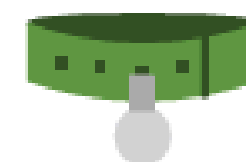
- **Food and Water.** Keep several days' supply of both.
- Keep food in an airtight, waterproof container, and have a water bowl to use.



Ready. ✓



- **Medicine.** Keep an extra supply of the medicine your pet takes on a regular basis in a waterproof container.
- **First aid kit.** Include items appropriate for your pet's emergency medical needs.
- **Backup collar with ID tag and a harness or leash.** Have copies of your pet's registration information in a waterproof container and available electronically.
- **Traveling bag, crate or sturdy carrier** for each pet.
- **Grooming items.** Pet shampoo and other items, in case your pet needs some cleaning up.
- **A picture of you and your pet together.** If you become separated from your pet, a picture will help you document ownership and allow others to assist you in identifying your pet.
- **Sanitation needs.** Include pet litter and litter box, trash bags and other items to provide for your pet's sanitation needs.
- **Familiar items.** Put favorite toys, treats or bedding in your kit to reduce stress for your pets.



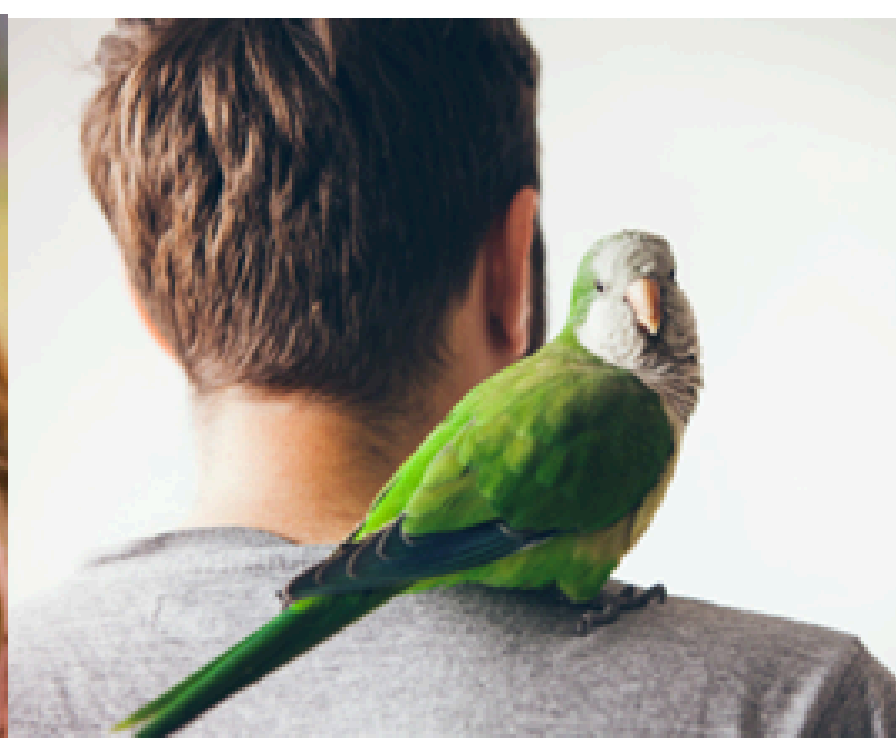
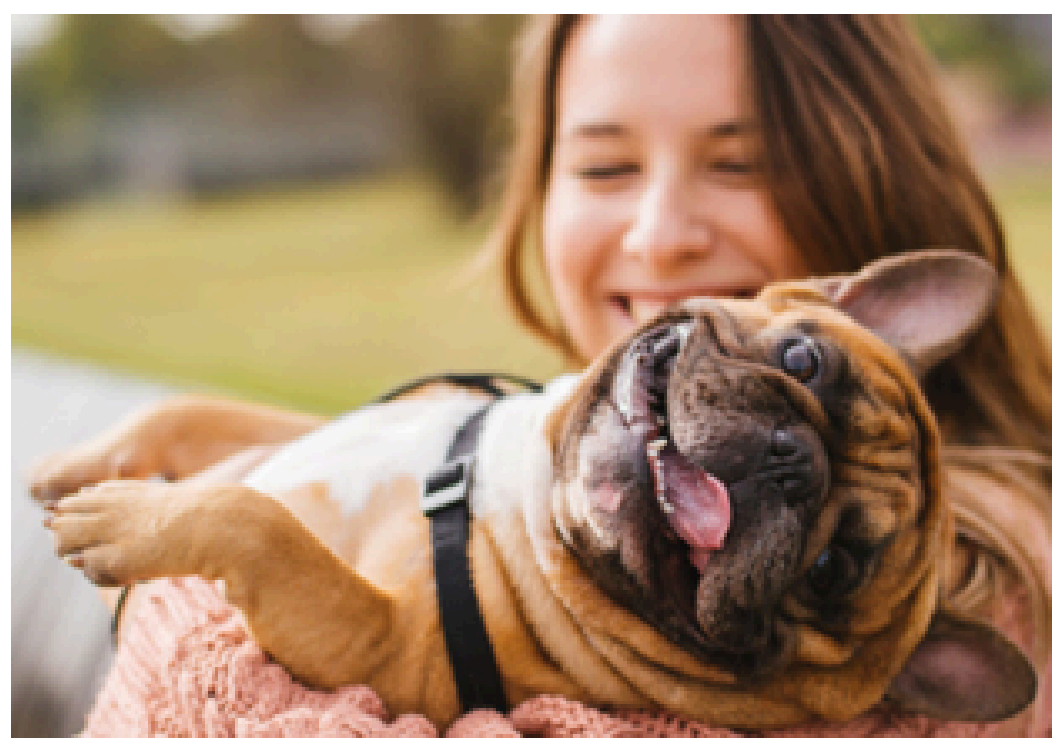
### Stay Informed

Stay informed of current conditions and know how you will receive emergency alerts and warnings.

Download the FEMA app to get weather alerts for up to five different locations anywhere in the United States.

Always bring your pets indoors at the first sign or warning of a storm. For more information about how to prepare your pets, visit [Ready.gov/pets](https://www.ready.gov/pets).

Ready. ✓



# #SummerReady



## Take Simple Steps

Being #SummerReady means understanding your risk of extreme heat and taking steps now to prepare.

### Tips for Everyone

- [Learn the signs of heat-related illnesses and ways to respond](#) from the CDC.
- Fans alone aren't enough in high heat + high humidity. Get inside in air conditioning or go to a public place like the library, museum, or shopping mall to beat the heat.
- NEVER leave children or pets alone in hot vehicles! Heat can rise in a car, up to 20 degrees in just 10 minutes.
  - During extreme heat, check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone.
  - Roughly 40% of unwanted heat buildup in our homes is through windows. Use awnings or curtains to keep the heat out.
  - Use your oven less during extreme heat advisories and warnings so you don't make your house hotter.

## BE PREPARED FOR EXTREME HEAT

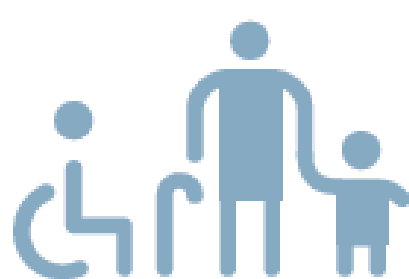
Extreme heat often results  
in the highest annual  
number of deaths among all  
weather-related disasters.



FEMA

FEMA V-1004/June 2018

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases the feeling of heat as measured by a heat index

# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

#### Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

#### Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

### SUNBURN

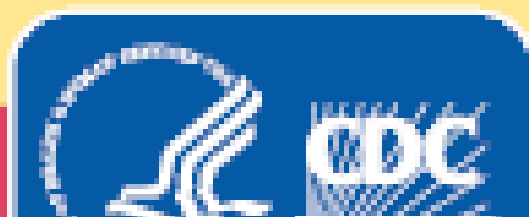
- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



# Lightning Safety

National Lightning Safety Awareness Week

June 23 - 29, 2024

International Lightning Safety Day

June 28, 2024



LIGHTNING SAFETY WEEK | Last Full Week in June

## LIGHTNING SAFETY AWARENESS WEEK

The third full week in June is National Lightning Safety Awareness Week. This National Week is an effort by the National Weather Service to help increase lightning safety.

It may be shocking to learn that lightning is one of the deadliest weather systems. Records kept by the [National Oceanic and Atmospheric Administration](#) (NOAA) show lightning has killed more people in the U.S. than any other weather factor. The second biggest killer is flooding, and the third is tornadoes.

Lightning Safety Awareness Week reminds people there is no safe place outdoors when a thunderstorm is in the area. Lightning can strike from over 15 miles away. The chances are if you can hear thunder, you are already in immediate danger. A lot of lightning injuries and fatalities happen because people were too slow to react to an approaching storm or too quick to get back outdoors before the storm was a safe distance away.

## DON'T GET CAUGHT OUTSIDE

No place outside is safe when a thunderstorm is in the area. Get inside as soon as you hear thunder. Run to a substantial building or hard-topped metal vehicle as fast as you can. If you can't get to a safe building or vehicle:

- ✓ Avoid open areas. Don't be the tallest object in the area.
- ✓ Stay away from isolated tall trees, towers or utility poles. Lightning tends to strike the taller objects in an area.
- ✓ Stay away from metal conductors such as wires or fences. Metal does not attract lightning, but lightning can travel long distances through it.
- ✓ If you are with a group of people, spread out. While this actually increases the chance that someone might get struck, it tends to prevent multiple casualties, and increases the chances that someone could help if a person is struck.

## IF SOMEONE IS STRUCK

Cardiac arrest is the immediate cause of death for those who die. Lightning victims do not carry an electrical charge and may need first aid immediately.

- ✓ Call for help. Call 9-1-1.
- ✓ Give first aid. Begin CPR if you are trained.
- ✓ Use an Automatic External Defibrillator if one is available. These units are lifesavers!
- ✓ Don't be a victim. If possible, move the victim to a safer place. Lightning CAN strike twice.

## ORGANIZED OUTDOOR ACTIVITIES

It's essential that people in charge of organized outdoor activities understand the dangers of lightning and have a lightning safety plan. Don't be afraid to ask. If you hear thunder, it's time to get to a safe building or vehicle. Speak out!



## LEARN MORE ABOUT LIGHTNING SAFETY AT:

[www.weather.gov/lightning](http://www.weather.gov/lightning)

# NATIONAL WEATHER SERVICE



## LIGHTNING SAFETY

FOR YOU AND YOUR FAMILY



## WHEN THUNDER ROARS, GO INDOORS!

Each year in the United States, there are about 25 million cloud-to-ground lightning flashes and about 300 people struck by lightning. Of those struck, about 30 people are killed and others suffer lifelong disabilities. Most of these tragedies can be prevented. When thunderstorms threaten, get inside a building with plumbing and electricity, or a hard-topped metal vehicle!

The National Weather Service collects information on weather-related deaths to learn how to prevent these tragedies. Many lightning victims say they were "caught" outside in the storm and couldn't get to a safe place. Other victims simply waited too long before seeking shelter. With proper planning, similar tragedies can be avoided.

Some people were struck because they went back outside too soon. Stay inside a safe building or vehicle for at least 30 minutes after you hear the last thunder. While 30 minutes may seem like a long time, it is necessary to be safe.

Finally, some victims were struck inside homes or buildings while they were using electrical equipment or corded phones. Others were in contact with plumbing, outside doors, or window frames. Avoid contact with these electrical conductors when a thunderstorm is nearby!



Stadiums and other outdoor venues should have a lightning safety plan. Photo: NOAA

## WHAT YOU MIGHT NOT KNOW ABOUT LIGHTNING

- ✓ All thunderstorms produce lightning and are dangerous. Fortunately, people can be safe if they follow some simple guidelines when thunderstorms are forecast.
- ✓ Lightning often strikes outside the area of heavy rain and may strike as far as 10 miles from any rainfall. Many lightning deaths occur ahead of storms before any rain arrives or after storms have seemingly passed and the rain has ended.
- ✓ If you can hear thunder, you are in danger. Don't be fooled by blue skies. If you hear thunder, lightning is close enough to pose an immediate threat.
- ✓ Lightning leaves many victims with permanent disabilities. While only about 10% of lightning victims die, many survivors must live the rest of their lives with intense pain, neurological disabilities, depression, and other health problems.

## AVOID THE LIGHTNING THREAT

- ✓ Have a lightning safety plan. Know where you'll go for safety and ensure you'll have enough time to get there.
- ✓ Postpone activities. Consider postponing activities if thunderstorms are forecast.
- ✓ Monitor the weather. Once outside, look for signs of a developing or approaching thunderstorm such as towering clouds, darkening skies, or flashes of lightning.
- ✓ Get to a safe place. If you hear thunder, even a distant rumble, seek safety immediately. Fully enclosed buildings with wiring and plumbing are best. A hard-topped metal vehicle with the windows closed is also safe. Stay inside until 30 minutes after the last rumble of thunder. Sheds, picnic shelters, tents or covered porches do NOT protect you from lightning.
- ✓ If you hear thunder, don't use a corded phone except in an emergency. Cordless phones and cell phones are safe to use.
- ✓ Keep away from electrical equipment and plumbing. Lightning will travel through the wiring and plumbing if your building is struck. Don't take a bath or shower, or wash dishes during a storm.



Lightning discharge on a golf green. Photo: E. Philip Krider

For more information, visit [www.weather.gov/lightning](http://www.weather.gov/lightning)

# What You Need to Know: Help Prevent the Spread of Hepatitis A

## Hepatitis A

A highly contagious liver disease caused by a virus spread from person to person. The illness can last for weeks to months.

### How is it Spread?



Forgetting to wash your hands after using the bathroom or changing diapers



Having sexual contact with infected partner(s)



Eating or drinking foods contaminated by Hepatitis A

### What are the symptoms?



Throwing up or feeling like throwing up



Fever



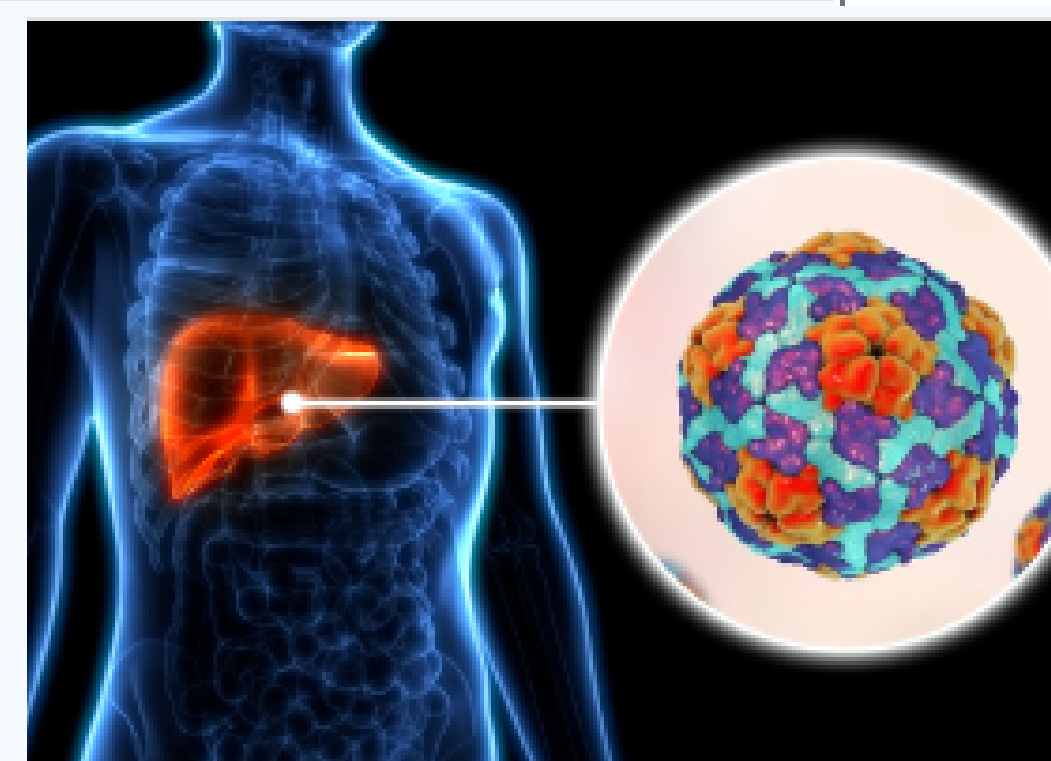
Yellowing of the eyes and skin

Other symptoms include:

- Dark pee
- Grey poop
- Joint pain
- Feeling tired
- Loss of appetite
- Stomach pain

#### KEY POINTS

- Hepatitis A is a disease of the liver caused by the hepatitis A virus (HAV).
- HAV infection usually causes a mild, short-term illness.
- HAV is contagious and spreads through close person-to-person contact and eating contaminated food or drink.
- Vaccination is the best way to prevent infection.



# How can you prevent it?



Get vaccinated. Call 211 for information on where to get shots



Wash hands with soap and water before eating/preparing food and after using the bathroom/changing diapers

**For more information, visit [publichealth.lacounty.gov](http://publichealth.lacounty.gov) or call 211**



Los Angeles County is experiencing an outbreak of hepatitis A, a highly contagious liver disease caused by the hepatitis A virus, according to the [LA County Department of Public Health](#). The majority of cases are occurring in individuals who are homeless and/or use drugs.

Anyone can get hepatitis A, but those at higher risk include people who:

- Are homeless and/or use illicit drugs
- Live with someone who has hepatitis A
- Use recreational drugs
- Are a man who has sex with men
- Have sexual contact with someone who has hepatitis
- Travel or live in countries where hepatitis A is common

The Department of Public Health has responded quickly by:

- Investigating possible cases of hepatitis A infection in the community.
- Notifying medical providers to increase awareness and detection of hepatitis A infection.
- Reaching out to homeless service providers to increase awareness and encourage hepatitis A vaccination.

## Additional Resources

- Los Angeles County Public Health, [Hepatitis A](#)
- Centers for Disease Control and Prevention (CDC), Hepatitis A: [Information](#) for Healthcare Providers
- CDC, Hepatitis A [Questions and Answers](#) for Health Professionals
- CDC, Hepatitis A [General Fact Sheet](#) (for patients)
- California Department of Public Health (CDPH), Hepatitis A [Website](#)



# JUNE 1-7, NATIONAL CPR & AED AWARENESS WEEK



## CPR & AED Awareness Week

June 1-7 each year is National CPR and AED Awareness Week, spotlighting how lives can be saved if more Americans know CPR and how to use an AED. If you are called on to give CPR in an emergency, you will most likely be trying to save the life of someone you love. Be the difference for your parent, spouse, or child. What if it were them?





AED is an [automatic external defibrillator](#) machine. The machine use during when someone suffered from cardiac arrest, this machine delivers a therapeutic electric shock to the heart to normalize the heart rhythm. AED is portable and easy to use device, AED is always ready for emergency situation.

## Hands Only CPR Training for Community, Business, FBO. ETC. June 2024, Schedule!!!

### Hands Only CPR/Narcan Education Schedule

#### June 2024

Site and Address	Date and Time
<b>Westwood Library</b> 1246 Glendon Ave. Los Angeles CA. 90024	6/6/2024 2:30pm - 4:30pm
<b>Mar Vista Library</b> 1246 Glendon Ave. Los Angeles CA. 90066	6/12/2024 2:30pm - 4:30pm
<b>Juneteenth Celebration.</b> 2200 Virginia Ave. Santa Monica CA. 90404	6/15/2024 2:0pm - 7:00pm
<b>Venice Library</b> 501 Venice Blvd. Venice CA. 90292	6/18/2024 2:30pm - 4:30pm
<b>Westchester Library</b> 7114 W. Manchester Ave. Los Angeles CA. 90045	6/20/2024 2:30pm - 4:30pm

# Hands Only CPR for Community, Business, FBO. ETC.

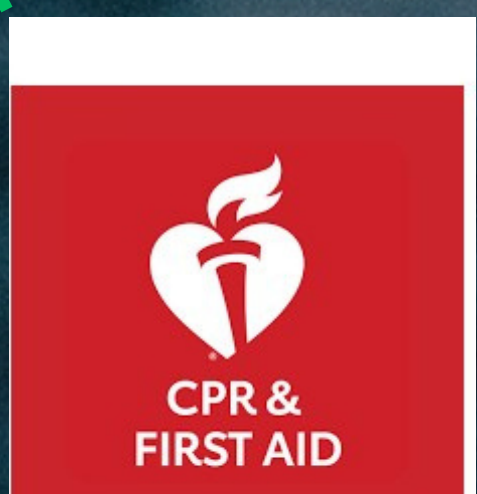


## Free Full CPR Classes for the General Public

Please see list below for community members who would like to take a full, 3-hour, CPR class that includes learning the basic steps of CPR on adults, children, and infants, and includes information about administering rescue breathing. Call the Community Resource Center near you for upcoming classes and schedule or go to the website at <https://www.communityresourcecenterla.org/classes-events>.

L.A. Care Community Resource Center	Address	Phone Number
Palmdale (SPA 1)	2072 E. Palmdale Blvd., Palmdale, CA 93550	(213) 438-5580
Pacoima (SPA 2)	10807 San Fernando Rd., Pacoima, CA 91331	(213) 438-5497
Pomona (SPA 3)	696 West Holt Ave., Pomona, CA 91768	(909) 620-1661
El Monte (SPA 3)	3570 Santa Anita Ave., El Monte, CA 91731	(213) 428-1495
Metro LA (SPA 4)	1233 S. Western Ave., Los Angeles, CA 90006	(213) 428-1457
Boyle Heights (SPA 4)	ONLINE ONLY <a href="https://www.communityresourcecenterla.org/locations/boyle-heights">https://www.communityresourcecenterla.org/locations/boyle-heights</a>	(213) 294-2840
Lynwood (SPA 6)	3200 E. Imperial Hwy., Lynwood, CA 90262	(301) 661-3000
Norwalk (SPA 7)	11721 Rosecrans Ave., Norwalk, CA 90650	(562) 651-6060
East LA (SPA 7)	4801 Whittier Blvd., Los Angeles, CA 90022	(213) 438-5570
Long Beach (SPA 8)	5599 Atlantic Ave., Long Beach, CA 90805	(562) 256-9810
Inglewood (SPA 8)	2864 W. Imperial Hwy., Inglewood, CA 90303	(310) 330-3130
Wilmington (SPA 8)	911 North Avalon Blvd., Wilmington, CA 90744	(213) 428-1490

FOR CERTIFIED TRAINING, CALL 213-428-1490



OR GO TO  
[WWW.ACLS123.COM/FREE.CPR](http://WWW.ACLS123.COM/FREE.CPR)

# Recognizing and Responding to an Overdose



## Free Virtual Presentation **RECOGNIZING AND RESPONDING TO AN OVERDOSE**



**TUESDAY OR THURSDAY  
2:00 PM - 3:00 PM  
VIA MICROSOFT TEAMS**

Learn the 3 vital steps to perform if you find someone unresponsive from a potential overdose and receive a **FREE** Naloxone (Narcan) kit.



**SCAN THIS QR CODE  
TO REGISTER**

Or click on a date to join a session:

[June 4th @ 2pm](#)

[June 20th In-Person at Curtis Tucker @ 2pm](#)

[June 27th @ 2pm](#)

*Disponible en Español*



**FORGOT TO  
REGISTER?**

Scan this QR code and join a session directly



**Naloxone is a life-saving medication that reverses an overdose from fentanyl, heroin, and prescription drugs when given right away.**

**For more information  
contact:**



**Krystal Mousseau**  
kmousseau@ph.lacounty.gov  
(213) 772-5624



**Steven Cagle**  
scagle@ph.lacounty.gov  
(323) 236-6307

123 W. Manchester Blvd.  
Inglewood, CA 90301



# What you need to know about Substance use disorder



## Free Virtual Presentations **WHAT YOU NEED TO KNOW ABOUT SUBSTANCE USE DISORDERS**

### **WEEKLY VIRTUAL PRESENTATIONS**

**Tuesdays & Thursdays**  
**2:00 P.M. - 3:00 P.M.**  
Via microsoft teams



**SCAN THIS QR  
CODE TO  
REGISTER**

Or click on a date to  
join a session directly



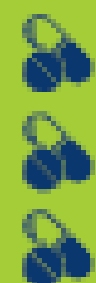
**JUNE 11**  
**SUBSTANCE USE  
DISORDERS &  
MENTAL HEALTH**

Scan QR code to join  
session directly



**JUNE 18**  
**YOUR TEEN AND  
SUBSTANCE USE**

Scan QR code to join  
session directly



**LEARN ABOUT SUBSTANCE USE DISORDERS**  
**LEARN HOW SUBSTANCES AFFECT YOUR HEALTH**  
**LEARN HOW TO CARE FOR YOURSELF AND YOUR LOVED ONES**

**For more information  
contact:**

 **Krystal Mousseau**  
kmousseau@ph.lacounty.gov  
(213) 772-5624

 **Steven Cagle**  
scagle@ph.lacounty.gov  
(323) 236-6307

123 W. Manchester Blvd.  
Inglewood, CA 90301



# Recognizing and Responding to an Opioid Overdose with Naloxone



## RECOGNIZING & RESPONDING TO AN OPIOID OVERDOSE WITH NALOXONE

### IN-PERSON PRESENTATION

Learn the 3 vital steps to perform if you find someone unresponsive from a potential overdose.



Receive a **FREE Naloxone (Narcan)** kit

## THURSDAY, JUNE 20

## 2:00PM – 3:00PM

For more information  
contact:

 **Krystal Mousseau**  
kmousseau@ph.lacounty.gov  
(213) 772-5624

 **Steven Cagle**  
scagle@ph.lacounty.gov  
(323) 236-6307

123 W. Manchester Blvd.  
Inglewood, CA 90301



# Free Food Market

## FREE FOOD MARKET

Come get a free bag of fruits and vegetables!  
Open to patients and the community

**Inglewood Health Center**  
1091 South La Brea Ave., Inglewood, CA 90301  
Every 1st Monday of the month

**Simms/Mann Health & Wellness Center**  
2509 Pico Blvd, Santa Monica  
Every 1st and 3rd Tuesday of the month

**Gardena Health Center**  
742 West Gardena Blvd., Gardena, CA 90247  
Every 2nd and 4th Tuesday of the month

**Rose Clinic**  
604 Rose Ave, Venice  
Every 3rd Wednesday of the month

**Irma Colen Health Center**  
4700 Inglewood Blvd, Culver City  
Every 2nd and 4th Thursday of the month

**10:00 am - 11:30 am**  
**While supplies last - one bag per family**

Sponsored by



## MERCADO DE COMIDA GRATIS

¡Venga y reciba una bolsa gratis de frutas y verduras!  
Abierto para pacientes y la comunidad

**Inglewood Health Center**  
1091 South La Brea Ave., Inglewood, CA 90301  
Primer lunes de cada mes

**Simms/Mann Health & Wellness Center**  
2509 Pico Blvd, Santa Monica  
Cada primer y tercer martes del mes

**Gardena Health Center**  
742 West Gardena Blvd., Gardena, CA 90247  
Cada segundo y cuarto martes del mes

**Rose Clinic**  
604 Rose Ave, Venice  
Cada tercer miércoles del mes

**Irma Colen Health Center**  
4700 Inglewood Blvd, Culver City  
Cada segundo y cuarto jueves del mes

**10:00 am - 11:30 am**  
**Mientras dure la comida - Una bolsa por familia**

Patrocinado por



### References:

- [Lightningsafetycouncil.org](https://www.lightningsafety.com) - Lightning Safety/National Lightning Safety Council
- [Nationaldaycalendar.com](https://www.nationaldaycalendar.com) - National Safety Awareness Week
- [Ready.gov\\_prepare\\_pets](https://www.ready.gov/prepare/pets) - for disaster
- [Publichealth.lacounty.gov](https://www.publichealth.lacounty.gov) - Department of Public health - Acute Communicable Disease control.
- [Get#SummerReady/Ready.gov](https://www.getsummerready.com)
- [CDC.gov](https://www.cdc.gov) - Symptoms of heart related illness/extreme Heat/CDC
- [hospitalstore.com/](https://www.hospitalstore.com) Uses of AED
- [CPR.heart.org/CPR & AED Awareness/American Heart Association CPR & First Aid](https://www.cpr.heart.org)
- [Ready.gov](https://www.ready.gov) - Ready 2024 Calendar



*Helen Obih, RN, BSN, PHN, MPA.*

Emergency Preparedness Public Health Nurse (EPPHN)

Service Planning Area 5 (SPA 5)

(213) 822-2750 – Cell

[hobih@ph.lacounty.gov](mailto:hobih@ph.lacounty.gov)

*"The only thing tougher than planning for a disaster is explaining why you did."*